

ANCIENT AWAKENINGS – PREPARE FOR CHANGE

3/17/2019 Sunday Call

All That You Have Wanted To Occur In This Lifetime Is About To Unfold.

KaRa (Pleiadian Emissary) and One Who Serves channeled by James McConnell

These messages were given during our weekly Sunday Prepare For Change group based in Payson, AZ on March 17, 2019. (Article may be reproduced in its entirety if authorship and author's website is clearly stated. Please make sure to include the question/answer portion as there is much wisdom imparted.)

KaRa (Channeled by James McConnell)

I am KaRa. I greet you from all of the Pleiadian councils and the many, many ships that we have. We greet you, and we thank you, all of you, all that are listening and will later read these words: we thank all of you. For without you, we would not be here. We would not be watching over this entire process. We would not be a part of your ascension. Because you: all of the Lightworkers, the Warriors, and the Sharers, and Bearers of Light, are what this is all about, bringing mankind to a higher state of consciousness.

Those of you that have participated in your latest endeavor, that which you call the expedition, at this point you are beginning to understand, but yet not anywhere near fully. For as the One Who Serves has said, "you have no idea what you have done and what you are continuing to do, and even more, what you are about to do." I will leave that as just a glimmer of what is ahead, a tease, you might say.

Know you have your fable, or your saying, "carrot and the stick." The carrot is held in front of you on a stick. You constantly try to reach for it, but it keeps being out of reach. We have been holding that carrot in front of you. You have been reaching, and reaching, and reaching for it. We have not been pulling it away like some of you might think. We have been holding it there so you could reach for it. Reach out, my dear friends, my brothers, my sisters, reach out for that carrot. It is there for you. All that you have wanted to occur in this lifetime is about to unfold.

But it always requires the consciousness of man to bring this about. And although there have been many phases of the Great Plan of the universe, many phases, many different plans that you call your A, B, C, D plans. If one doesn't work, another one is tried, and another one, and another one. Tweaked here, tweaked there. That is what has been happening.

We, those of us, the Pleiadians, all of the other civilizations that are here working with you have been planning. In great councils we meet. Councils which you yourselves, those of

you who are ready for it, will be called upon to assist and be a part of these councils. Great Sananda has spoken about this to you. When the time and the vibration is right, we will be ready to share much more about this.

For now, know that you will be a part of these councils if you choose. You will have many different parts of your missions to bring to success. It will be up to you to choose how you want to proceed. For once the final darkness, the veil of darkness has been completely lifted, you will be free to reach out to the universe, the galaxy beyond galaxy, beyond galaxy. Yes, to literally go where no one has gone before if you wish. For this, my friend, is your destiny. You are loved beyond measure by all of us.

I, KaRa, bid you farewell for now.

Reach, my friends, reach for that carrot. Continue to reach for it. Know that one day, one moment, you will grab it and it will be yours. All that you have been through, all the travails, all of the problems, the negativity, the darkness will have lifted, with only light in front of you and in you.

All of my peace and love be with all of you.

ONE WHO SERVES (Channeled by James McConnell)

Om, mani, padme, hum; om, mani, padme, hum, hum. Greetings to you!

One Who Serves here to continue the show here. And we use that term purposefully because it is quite a show. You are putting on quite a show. And you, as you have heard other times, you are our entertainment! We watch your show! We watch it diligently. We look forward to it each and every week. Like you have your TV shows and you look forward to that next one that comes the next week, and the next week, and the next week, and the next week, and you can't wait until it comes. Well, we do the same thing. We can't wait to see what you do next! What escapades you go on. What new things come up? What new questions arise within your consciousness?

And speaking of which, what questions do you have?

Host with Guest's Internet Question: He is working on his breathing. He is asking about it, but the message was lost.

OWS: Yes, we can tell you because we are finding it now within The James. He was wondering about the breatharian movement. We will not comment on this particular person, but we will say that that movement is real, it is something, but it is something that comes as you continue to rise in consciousness and your vibration.

For those of you who don't know, it is about taking the pranic energy within you and sustaining yourself on that pranic energy. Like we do. We do not need to have sustenance if we don't want to. There are times, of course, when we have gatherings. We have social gatherings, and we sit and break bread—not so much break bread anymore, that is an old saying. We do much more than that—vegetables, fruits, all of these types of things are wonderful. And yes, certainly wine at times, and all of these kinds of things.

But the breatharian movement, working with the pranic energy, is about taking that pranic energy into your body and having it sustain you. It is a wonderful weight loss program, I can tell you that. But do not attempt it, and please understand this—I will repeat this—do not attempt it until you really believe you are ready for it. It takes a great deal of perseverance and higher consciousness to be able to succeed with it.

Now, with that understanding, you can do bits and pieces. You do not have to do it all at once. You can visualize the pranic energy entering through the back of your neck into your spinal column and sustaining you. But do not let only that be your sustainment. Continue to eat right, drink many fluids, all of this. And if you want, you can begin to limit more and more and more, which many of you are already doing. Many of you are eating less and eating much better in terms of vitamins, your minerals, your less pesticides, and all of these kinds of things. And this is wonderful.

But again, when you are ready. If you are not ready to give up the eating of animal flesh, then don't. Don't force yourself to do it unless you feel you are ready to do it. You will know. Your consciousness will tell you. Your body will tell you when it will no longer sustain you with those types of eating habits. Okay? Does this answer this question? Yes, we believe it does.

Host: That's all we have.

OWS: Very good. Would there be any other questions here?

Guest: Hello One Who Serves. We were having a discussion earlier about Ganymeade. I was told Jupiter has 67 moons and one of them is Ganymeade, but it was brought there, like our moon was brought into this quadrant section of space. I don't want to go into a linear construct here, but how long ago are we talking to a degree. Is Ganymeade new compared to our moon of lengthy time being outside Jupiter, or has it been there longer than our moon? Ashtar Ka Ree said it was brought there. And all the animals and all the life and all the plants were brought to this moon. So it is interesting and I wonder if you could shed light on it. I love you, and thank you.

OWS: You are correct in terms of both your moon here and that one that you speak of have been brought there. They are artificial, and they have been brought as what you might call satellite moons. They were brought a long, long time ago. We will not say directly, but it is in terms of thousands, and thousands, and thousands, and thousands, and thousands, and thousands of years. Long time. Okay? The actual date, the actual time

frame would not even begin to compute in your three-dimensional understanding yet at this point.

Guest: Thank you.

OWS: There is one other thing: do not think of it in terms, even though we said thousands and thousands and thousands of years, this is pertaining to your way of your time chronology. But think of it in terms of no time in space. So it is all about vibration, and it is all about the past, present, and future all being one now in the moment. So therefore you cannot come to a complete understanding of how long something has been there because it is in the now as we speak here. Do you understand?

Guest: Yes. To give it a linear construct is a little bit silly, isn't it, I don't even know why I asked that question. But I just wanted to get clarity. It was definitely brought there. And it is interesting that these moons, these satellites, are brought to these particular planets, and there is a reason for that, I'm just trying to figure out that reason why these particular moons were brought to these planets.

OWS: Can we make a suggestion to you?

Guest: Absolutely.

OWS: Stop trying to figure it out. Let it be. You do not need to understand these types of terminology and chronology. There is no reason for it. Just think in terms of the perfect now, in the moment consciousness moment. And then, everything begins come together, you might say, and all begins to make sense when you no longer try to make sense out of it.

Guest: Thank you so much. Thank you for answering my question.

OWS: Would there be any other questions?

Guest: I would like to know if I have fully completed the activation within the sacred objects that you and your brothers and sisters apported to me from Lemuria. If that activation is complete within me and within the sacred objects.

OWS: Can we be completely honest with you, Dear Sister?

Guest: Yes.

OWS: Then we would answer that question as a no. It is not complete. It will not be completely complete (can we say it that way?), it will not be a finished deal or project until you have learned how to work with those crystals directly and be able to rejuvenate your own body as a result of it.

Guest: Hmm. That's what I have been working on! That's quite a project!

OWS: Yes, it is quite a project, but only if you *believe* it is quite a project...

Guest: Oh I believe it, yes.

OWS: Be in the perfect now, in the moment, with the vibration high around you working with those crystals, and see yourself in the crystals rejuvenating your body. Now you will not go from your age now to 20 years old overnight, but you will begin to notice a lessening of wrinkles. You will begin to notice an energy in your step. You see? Little by little. If you practice this.

See yourself as if you were looking at a crystal ball. See yourself in those crystals, but see the self that you want to see. And the younger that you see yourself, and can visualize that and can hold that visualization, the younger you will become.

Now we know that is quite different from the programming that you have come to understand. But we can add this: this is not only for this one that we speak to here. This is for all of you. All of you. Begin to see yourself as you *want* to see yourself. Visualize yourself as younger, vibrant. And you will find that even those that are in what you would call the Far East, the Himalayans: some of them are 80, 90, 100, 110, 120 years old and so on, and they look and act like they are 40, 30. You see what we are going with here? It is all about belief. All about belief. Believing is seeing.

One other thing you can do, and we know this is difficult for many to do because how many say, "Oh, this is my birthday!" As you are saying "this is my birthday," you are thinking in your head oh, I am another year older. See, even if you won't admit it, we know that you do that because that is your programming. You got another year older, and another year older. But if you would completely forget your birthday, not even remember when you were born. Think about that, what would that do for you? You would not be thinking in terms of a year older, again and again.

Guest: It would make you immortal.

OWS: Yes. Very much so in terms of your physical bodies are meant to last. But, as you know, the food that you eat, the drinks that you take, the lack of exercise, the environment what you are in, what you breathe in from your skies, the energies coming from the electromagnetic energies all around you, all of these things tend to deplete the body.

But if you begin more and more to take conscious awareness of this, you can listen to your body and begin more and more to feed your body, not only food and drink, but feed it sustenance of all different types: energy, thoughts. All of these things can literally rejuvenate your body, reverse the aging process.

Look at some of your Lightworker friends. Do they look the age that they are? Many of them don't. Many of them look much younger because they believe they are much younger.

Okay? Any other questions, here?

Guest: I don't usually ask questions about personal things, but I have had a light outside of my house up over my house. I do believe it is a spaceship, but it is round. And I have seen spaceships that are triangular-appearing before. It is a light, and it is not the moon, because the moon moves. I have walked out there and I have looked up, and it follows me if I go down the driveway. Then when I just walk over to where my mailbox is, it makes a shadow, that's like the moon. Now this has happened for three nights, and I go out. So I woke up early and went out at 7 o'clock, and it was still dark, but it was there. I have tried to find out from someone if that's them in a spaceship. But it is so large, I know it is close. Do you happen to know who it is or what it is please?

OWS: Yes. We do. Would you like to know?

Guest: I would love to know.

OWS: This is a protection for you, Dear Sister. A connection for you specifically that is aware of you certainly, and they are watching over you now. Because, and this is not for anything to fear here, we are not speaking in terms of moving out of your body in terms of your physical death or anything of this nature. So we want to put that aside right now. We are talking about your transition that you are making, again, not from the body that you might think of in terms of transition, but transition from your third-dimensional understanding to your fifth-dimensional consciousness.

This is happening, and they are watching over you to assist whenever they can. Because when you have certain thoughts, they are picking up those thoughts and they return those thoughts to you with, what you would call, a different spin on them. Do you understand this? Taking a more negative thought and changing it and turning it so that it becomes a more positive thought for you. Do you understand what we have given here, Dear Sister?

Guest: Yes I do. Boy that's wonderful to know, and thank you. Sometimes it is difficult for me to believe that things happen like magic to me, but they have been, and I am so blessed, and I am so thankful, and I have so much support, and I realize that. Thank you so much for being so generous to let me know. Thank you so much. I love you.

Another Guest: That was me that was saying I see it. I could see it as he was explaining it. I understand fully exactly what they are doing for you watching over you as you transcend from the third to the fifth and changing thoughts. I can see it. And it is going to happen for many of us, I believe.

OWS: That is correct. That is where we were going next with this in terms of whenever there are personal questions here, almost always we will turn those personal questions into a collective consciousness question when it pertains to all or at least man of you. Okay? Would there be any other questions here?

Guest: Yes. Three or four years ago, I believe it was either Rampta or ___ Shah who said that, I guess mainly the planet as a whole was at 3.48 in vibration. I was just wondering if

you could tell us, maybe for the whole planet, have we gone beyond that, and are we closer to 4.0 as a planet?

OWS: What we can tell you without getting into very specifics here (because it is always changing, it is constantly in flux), the energy, the vibration of the planet herself is increasing rapidly. It may not be perceived by those of you through what you call the naked eye or even the blend within your body, but many of you are beginning to sense more and more those energies, and the connection that you have with the earth, with Gaia herself, and this is picking up rapidly.

The consciousness of the planet and the consciousness of the collective whole of this planet, the collective consciousness of this planet as far as the people themselves, it is all interconnected and becoming more and more entwined, you might say. As the people's consciousness increases, Gaia's consciousness increases. As Gaia's consciousness increases, the people's consciousness increases. You see? It is all happening simultaneously. And the frequency that you are picking up is greatly increasing more and more. Okay?

Guest: Yes. Thank you. It is sort of like a leap frog.

OWS: Could look at it that way, yes. It goes up, but it comes down again a little bit based on man's consciousness. Man's consciousness here on the planet controls everything here. Okay?

Guest: Thank you.

OWS: Your question now, Dear Brother, here?

Guest: Thank you One Who Serves. I come here with great humility to you, and thank you and the collective and everyone who guided all of us. Thank you personally for your gentle loving hand that guides us. Thank you.

Question: Another member and I were talking yesterday and we both received visions, and I was receiving visions while you were giving answers to people just now. I am seeing the other two members and myself, all three scuba divers, and these are two fearless women, two of the most fearless.

OWS: Warriors.

Guest: Warriors, gladiators. Gun Slingers of Light. These women: I see them, I see us in a balance of the divine feminine and masculine, going into these waters and retrieving these records. And I see us coming out bathed in gold light, sunlight, and the sun shining on us, and all of our family, the entire Ancient Awakenings Family, with you, with the Ascended Masters, on a diving platform or etheric platform. And we come out of the water and we hand these to our family. And James is at the forefront, and we hand these crystals with all the records in them. I believe I am on to something. Can you comment?

OWS: What we can say here is yes, you are on to something, but it is not something that is imminent for you. You are not at this point, as we find it, ready to do what you are speaking of.

Because in order to do what you are speaking of, you first need to have the keys to assist you to open up or unlock those secrets, just as we have spoken of the records in your crater area, and it is very similar. When you are able to unlock the records there—you have unlocked the etheric records, that is true—but when you are able to physically unlock the records, not in your three-dimensional body that you are in now, for that is likely not going to happen. But when you are ready at a fourth, or even fifth dimensional level with your light body within you, then you will be ready for that. And once *that* is accomplished, then you will be led, if you wish, it is your choice, but you may be led to other places where you can do the similar thing. But once you have the key, you can unlock any of them.

Guest: Yes, and I understand that.

OWS: We need to ask if there are any other questions from someone who has not had a chance.

Guest: Hi One Who Serves. I am asking if we have any solar flashes coming to earth on March 21? If yes, is there anything we need to do or not so far at this point?

OWS: Yes, there is something you need to do. Ready? Let it be. Let it be. Do you understand this? Do not be in the doing. Be in the being. That is important. For when you are in the doing, you are wrapped up in your third-dimensional consciousness. When you are in the being, you are in your higher fourth, and even fifth dimensional consciousness. Big difference. Be in the higher fourth and fifth dimensional consciousness when this wave of energy comes through. Okay?

Guest: Okay, thank you. Can we do some meditation though?

OWS: Certainly you can do meditation. You can do anything you want, that is up to you. You have free choice. We are only suggesting to you not to get bogged down by doing anything to get ready for it. Just let it be, whatever it is. Okay?

Guest: Okay, thank you so much, One Who Serves. Love you.

OWS: Okay. Any other questions here? We need to release channel shortly.

Guest: Yes. That was one of the questions I was going to ask if there was something to do, but thank you for answering that. The other question is anytime I look up in the sky it seems like there is between six to eight or even ten ships up there. They don't go anywhere. They just hang there. They are closer than stars for sure, and they kind of fade in and out a little. Do you have any word on that as to what that might be in this area?

OWS: Yes. You have heard of the term “parked.” They are parked. They don’t need to move. They are stationary. They move when they want to move, but mostly many of them are stationary watching over everything, assisting, maintaining communications of many different types, holding those councils that KaRa spoke of here. You see?

Guest: Awesome. And is there anything for me particularly in that?

OWS: Again, it is very similar to the last question. Just *be*.

Guest: Okay, sounds good. Thank you.

OWS: The more you try to analyze, the further away you get from just being. That is important. You want fifth-dimensional consciousness, *be* fifth-dimensional consciousness. You want third-dimensional consciousness, then do everything that you have been doing up to this point, and continue in your third-dimensional consciousness. See?

Guest: Thank you.

Another Guest: One Who Serves, can I ask you a quick question, please?

OWS: Yes.

Guest: Thank you. On Friday when we were chanting, I had this need to just start creaming rather loud. By the way, I wanted to thank you very much for helping us reaching our crescendo—that really, really helped all of us. But then I was deeply grounded with Mother Earth, I felt it in my entire body, and I feel I was one with her, and then all that energy that was rising up from my chakras, it just got louder, and I felt like I just kind of blew up like a volcano top. Can you help me understand that experience please?

OWS: Exactly what experience are you referring to? What part of this?

Guest: When we were reaching the crescendo on the crater top on Friday. It was a moment that I felt so rooted with Mother Earth through my voice, and with that energy I started screaming really loud.

OWS: Have you not already answered your question?

Guest: I just needed to understand it a little. Yes, I guess I did.

OWS: Confirmation. Yes. Many times, many of you ask for confirmation of something that you already know, and that is just perfectly fine for us, for we are here to serve. But always remember: you have everything within you that you need. And when you no longer need anything outside of yourself, then I guess we get put out of job, here! You see?

Guest: Yes, I see. But it is such a great comfort to have your input as well because it kept me going and trying to go further and further, and I appreciate that. It was so wonderful to be able to release from Mother Earth all that energy and finally feel at peace. It was wonderful, and thank you so much for helping us reach the crescendo.

OWS: Certainly, yes. We thank you for everything that you all did, and not only those that went on the expedition, what you are calling “The Magnificent Nine” here, but to all of you who are on these calls to be a part of Ancient Awakenings. You are all a part the creating and the spreading of the higher consciousness throughout the planet, more and more and more than you can possibly understand yet at this time what you have done and what you are doing continually now.

We need to release channel here now. Shanti. Peace be with you. Be the one.

Guests: Shanti